

Field Report

Promotion of exercise among the elderly through a video in Lombok Island, Indonesia

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Abstract

Background and Objective: One of the authors was dispatched to the Health Department of Central Lombok Province, the Republic of Indonesia as a Japan International Cooperation Agency (JICA) volunteer. Exercise classes at the community health center were conducted by nurses every week to promote health among the elderly. Because this class takes about 30 minutes, it was hard for elders to complete the whole program because of fatigue. In addition, elders who lived far from the community health center rarely participated in this class. This study aims to improve the implementation of exercise classes for the elders with the help of a JICA volunteer nurse.

Method to improve exercise class: At the Health Department of Central Lombok Province, an exercise class was scheduled for the elderly after their health checkup through a video.

Description of nurse's activity: Basic exercises were demonstrated in a 5-min video made by the volunteer nurse in a new exercise class, which is a more simplified version of the 30-min exercise class consisting of multiple exercises. Thus, elders who participated in the new class evaluated that the exercise was easy to execute with appropriate volume and length, so they would do this exercise at home with their family or neighbors.

Discussion: The new exercise was accepted by elders because it appropriated for their health condition. Neighbors also got an opportunity to participate in the exercise. According to the health staff at the community center, simple and enjoyable exercises in a 5-min video were found to be efficient among the elderly. However, long-term evaluation of the exercise class is needed.

Keywords: Indonesia, Volunteer, Community Nursing, Elderly, Exercise